



Martin J. Chávez, Mayor

# City WellNews

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## Identifying Metabolic Syndrome

The definition of metabolic syndrome depends on which group of experts is doing the defining. Based on the guidelines from the 2001 National Cholesterol Education Program Adult Treatment Panel (ATP III), any three of the following traits in the same individual meet the criteria for metabolic syndrome:

- **Abdominal obesity:** a waist circumference over 102 cm (40 in) in men and over 88 cm (35 inches) in women.
- **Serum triglycerides** 150 mg/dl or above.
- **HDL cholesterol** 40mg/dl or lower in men and 50mg/dl or lower in women.
- **Blood pressure** of 130/85 or more.
- **Fasting blood glucose** of 110 mg/dl or above. (Some groups say 100mg/dl)

Check your risk for Metabolic Syndrome at the City's Passport to Healthy Lifestyles wellness fair: August 28<sup>th</sup> from 8-3 PM at the Albuquerque Convention Center

### How common is metabolic syndrome?

Metabolic syndrome is quite common. Approximately 20-30% of the population in industrialized countries has metabolic syndrome. By the year 2010, the metabolic syndrome is expected to affect 50-75 million people in the US alone.

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### What causes metabolic syndrome?

Genetic factors influence each individual component of the syndrome, and the syndrome itself. A family history that includes type 2 diabetes, hypertension, and early heart disease greatly increases the chance that an individual will develop metabolic syndrome.

Environmental issues such as low activity level, sedentary lifestyle, and progressive weight gain also contribute significantly to the risk of developing metabolic syndrome.

While obesity itself is the greatest risk factor, other factors of concern include:

- Women who are post-menopausal
- Smoking
- Eating an excessively high carbohydrate diet
- Lack of activity (even without weight change)
- Consuming alcohol in excess

The primary goal of clinical management of metabolic syndrome is to reduce the risk for cardiovascular disease and type 2 diabetes. Then, the first-line therapy is to reduce the major risk factors for cardiovascular disease: stop smoking and reduce LDL cholesterol, blood pressure and glucose levels to the recommended levels.

For managing both long- and short-term risk, lifestyle therapies are the first-line interventions to reduce the metabolic risk factors. These lifestyle interventions include:

- Weight loss to achieve a desirable weight (BMI less than 25 kg/m<sup>2</sup>)
- Increased physical activity, with a goal of at least 30 minutes of moderate-intensity activity on most days of the week
- Healthy eating habits that include reduced intake of saturated fat, trans fat and cholesterol

Source: [www.americanheart.org](http://www.americanheart.org)

## Preventing the Summer Slide

School may be out for summer, but your child's learning doesn't need to stop when the classroom doors close. Studies show that over summer vacation, students forget up to 25 percent of their reading and math skills from the previous year. This regression is often referred to as the "summer slide," and it's usually the reason that teachers spend as much as an entire month re-teaching concepts that had been taught the previous year.

Children and teens that stay mentally active over the summer may have an advantage over other students when school resumes in the fall. In order to encourage continued learning during summer break, parents should look for activities that will spark their child's imagination and challenge him or her to want to learn more. There may be areas in which a child excels, such as art, music, gymnastics or outdoor activities that do not have sufficient time to be explored or enhanced during the busy school year. The summer can be an ideal time for parents to encourage their child to concentrate on these areas of interest.

Summer time activities can consolidate learning and focus on applying knowledge and skills. A child may know how to do addition on a worksheet, but a trip to the store and actually working out the math for purchases has a brighter impact.

Other options for maintaining or increasing your child's academic skills over the summer are fun games. Many games encourage memory building, visual skills, fine motor skills, and phonics and reading. While numerous activities and interests compete for a child's attention during the summer, learning can be just as engaging as other activities if it's introduced thoughtfully and creatively.

Many daily activities can encourage children to apply their classroom learning. Below are ways to engage your child in learning by having them:

- Help with a meal and compute the quantities for a double recipe
- Figure the final price of sale items when shopping
- Use maps for guidance when driving around town or on family trips
- Write an agenda for a day of activities
- Keep a journal when traveling or tracking summer events
- Use an atlas to follow current events
- Join a summer reading program

Source: [partnership4learning.org](http://partnership4learning.org)

## See All You Can See

According to the National Eye Institute more and more Americans have uncorrected vision problems such as nearsightedness, farsightedness and astigmatism and can benefit from the use of corrective eyewear such as glasses or contact lenses.

It is also reported that the number of Americans with vision problems continues to rise. The National Eye Institute and Prevent Blindness America have released the following statistics related to vision problems in the United States:

- 4.6 million Americans over the age of 40 are visually impaired or blind
- 44 million Americans over the age of 40 have myopia or hyperopia
- 22 million Americans over the age of 40 are affected by cataracts

In addition to the problems mentioned above, some other common diseases of the eye include:

- Macular Degeneration – A disorder that affects the retina causing blurred vision, which may cause problems such as difficulty reading or a blind spot in the central area of vision.
- Diabetic Retinopathy – Caused by blood vessels that nourish the retina developing tiny, abnormal branches, which leak. This can interfere over time causing severe damage to the retina.
- Glaucoma – A form of damage to the optic nerve due to the internal pressure in the eye building up because of problems with the flow or drainage of fluid within the eye.

Unfortunately, all too often the signs of eye disease are not seen until well into the advanced stages of the condition. This is why the most important thing you can do is visit your eye care provider on an annual basis for check up and screening.

The National Eye Institute also recommends always wearing sunglasses outdoors. Constant exposure to the sun can cause irreparable damage to the eye. In addition, take a daily multivitamin, especially one that includes antioxidants.

Source: [www.nei.nih.gov](http://www.nei.nih.gov) & [www.preventblindness.org](http://www.preventblindness.org)

## Summer Health Summed UP

According to the American Podiatric Medical Association (APMA), three out of four people will suffer from a foot-related ailment or problem in their lives, many during the summer months; and the American Cancer Society (ACS) reports that just one sunburn can exponentially increase your risk of developing skin cancer.

Factors such as heat, humidity, sun and sandal-wearing in the summer months present many health risks. But with a little forward planning, not to mention a hat, hydration, sunscreen and shade, the risk of developing a summer-related illness can be greatly reduced if not completely avoided.

Heat stroke is the most severe form of heat-related illness. Measures for avoiding heat stroke include increasing your fluid levels; avoiding alcohol and caffeine, and limiting outdoor activity during the hours of 11 a.m. to 3 p.m. when the sun is at its peak intensity. Overexposure to harsh heat and sunlight can also cause dehydration, the loss of water and important blood salts like potassium and sodium, which are needed for kidney, brain and heart functions. A common guideline for water consumption during the summer months is drinking at least eight 8-ounce glasses of water each day, plus an additional glass of water for every hour outdoors. For summer activities with excessive sweating, individuals also need electrolytes, which can be found in sports drinks.

In addition to dehydration, overexposure to the sun's ultraviolet (UV) rays can cause significant damage to both the eyes and the skin. The American Cancer Society recommends applying sunscreen with a Sun Protection Factor (SPF) of 15 or higher twice a day to protect your skin. The National Eye Institute reports that these UV rays can also cause a multitude of eye conditions such as corneal burns, cataracts, macular degeneration, benign growths and eye cancer. Sunglasses with 100 percent UV protection and hats with visors are imperative to protecting your eyes.

It should also be noted that people are often so busy taking care of their skin and eyes during summer that they forget about their feet, which are in danger of serious sun damage and all kinds of fungus and bacteria during the sweaty summer months. Wearing light weight shoes and socks during the summer months will help draw moisture away from the feet and decrease risk of infection and sunburn. Changing your socks at least once a day will also help lower your risk of summer foot afflictions.

Source: <http://www.apma.org> & <http://www.cancer.org>

## August Wellness Tips

### Nutrition Tip

**Celery offers more than a crunch.** Once thought of as a nutritional zero, celery is actually a great source of potassium, a nutrient that helps reduce blood pressure and regulate the balance of fluids and minerals in the body. If you thought bananas were tops for potassium, here's a stalking surprise -- four medium celery stalks deliver about the same amount of potassium as a medium banana. For a quick snack, dip celery in hummus or peanut butter for some added protein.

### Fitness Tip

**Liquid Asset.** If you are doing both cardio and weight-training in the same workout, drink a cup of water between sessions when you do your cardio first. Dehydrated exercisers show a 15 percent decrease in the number of reps they could muster.

### Health Tip

**Zip it up.** Don't gossip. Gossip hurts your image more than damages the perception of the people you are talking about.

## Mayor's Monthly Green Tip

**BYOB:** Next time you go grocery shopping, bring your own bags. Did you know it takes one 15- to 20-year-old tree to make enough paper for only 700 grocery bags? As for plastic bags, they may be more convenient than paper but they're not biodegradable. Plastic bags often make their way into the ocean and kill marine animals that get tangled up in them or swallow them.

While plastic bags can be recycled at many grocery stores, and paper bags can be recycled with other paper, the recycling process and manufacture of new bags requires much more energy. This results in more greenhouse gas than the production of reusable cloth bags. Make it a habit to bring cloth bags with you every time you shop (for groceries, clothes, and everything else). If you forget, put your purchased items in as few bags as possible, and be sure to recycle the bags.

Source: <http://nationalzoo.si.edu/>

## Getting to know Diabetes

What is Diabetes? Diabetes means that your blood glucose (blood sugar) is too high. Glucose comes from the food we eat. An organ called the pancreas makes insulin. Insulin helps glucose get from your blood into your cells. Cells take the glucose and turn it into energy. When you have diabetes, your body has a problem making or properly using insulin. As a result, glucose builds up in your blood and cannot get into your cells. If the blood glucose stays too high, it can damage your body.

### Diabetes signs and symptoms

- Excessive thirst
- Irritability
- Tingling and numbness in hands or feet
- Frequent skin, mouth or bladder infections
- Frequent urination
- Blurry vision
- Unusual weight loss
- Slow to heal cuts
- Increased fatigue

Talk to your doctor if you are experiencing one or more of these symptoms.

Source: <http://www.ndep.nih.gov> & <http://www.diabetes.org/>

## Are there topics you would like us to discuss in City WellNews?

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## Questions about Insurance & Benefits?

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## Vegetable of the Month



### Celery

Celery, a household staple to some, an appetizer or snack to others. Either way, this beloved vegetable has made its way into millions of households over the years. Celery has its roots in sixteenth century northern European history. Celery is related to anise, carrots, parsley and parsnips.

Celery is often sold in loose stalks and also pre-packaged celery hearts. Celery hearts are the inner ribs of the celery. Today celery is predominately grown domestically in California and Florida with many different varieties on the market, the most common being Pascal. A member of the carrot family, celery was first recorded as a plant in France in 1623 and was probably developed either there or in Italy.

Its seed was brought to Kalamazoo, Michigan, in the 1850s from Scotland, and it became a commercial crop there.

### Recipe of the Month: Celery Citrus Salad

Makes 4 servings

Each serving equals ½ cup of fruit or vegetables  
*Ingredients*

1 medium, about 1½ lbs, celery stock, thinly sliced  
4 medium navel oranges, peeled and sliced  
¼ cup thinly sliced red onion  
¼ cup Kalamata olives, pitted  
2 tsp olive oil  
2 Tbsp fresh lemon juice

Combine celery, oranges, red onion and olives. Drizzle with olive oil and lemon juice. Toss gently and serve.

Nutritional analysis per serving: Calories 130, Protein 3g, Fat 3g, Calories From Fat 26%, Cholesterol 0mg, Carbohydrates 26g, Fiber 7g, Sodium 90mg.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)